

SECTION 6

COACHING AND ACTIVITIES

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INTRODUCTION

Regular coaching is vital for young golfers to develop and improve their game and this should be conducted as part of a structured programme and delivered by a qualified PGA coach. If you don't have a coach then GDW can help you via their roaming professional initiative. Get in touch for more details.

Coaching and other activities at club level are a vital part of a juniors' development and provide a solid footing from

which players can progress within the game.

Through the provision of coaching and fun activities, juniors are encouraged to continue their participation and develop their skills, which then creates an active, healthy junior section.

Other activities which can be conducted include golf games and skills challenges (individual or team), which provide friendly competitive interaction.



For specific details on running sessions and the types of activities which should be undertaken, golf clubs should consult with their PGA qualified coach. Golf Development Wales and the Golf Foundation provide structured activities and skills initiatives to support junior development (see [Section 9](#) for further details).

BANK OF EQUIPMENT

Golf clubs should consider holding a bank of equipment to loan to juniors free of charge as many beginners attending coaching sessions may not have access to equipment. Parents may also be reluctant to purchase equipment until their child has shown a certain level of commitment.

A PGA qualified coach can provide guidance on the types of equipment that should be available and this should be appropriate to the age and size of the junior golfer. Clubs which are inappropriate, (for example too heavy), may have a detrimental effect on the development of the golfer.

* Funding may also be available for the club to purchase loan equipment when linked to introductory activities and a development plan, contact GDW for more details.

JUNIOR COACHING PLAN

As part of a golf club's junior development plan, there should be a coaching element to ensure that junior golfers develop along a structured pathway. The plan should incorporate the following areas:

- Details of coaching personnel – their required qualifications and volunteer support available.
- Frequency and times of sessions – consultation with the juniors may be required to ensure activities are actively attended. Sessions should be regular throughout the year.
- Session content - What is involved in each session that is delivered. (See section 9 for coaching programmes)
- Age and ability of attendees
- Funding information
- Review – how did the season go? Did the juniors enjoy/progress/stay

It is recommended that the Head PGA qualified coach should have an input into the coaching programme and that volunteer coaches are utilised where appropriate in order to maximise the number of junior members that can attend coaching sessions.

If a golf club does not have a PGA qualified coach, the services of a local coach should be sourced. Alternatively, GDW has a roaming professional scheme which can be utilised. For details of coach : participant ratios, contact the PGA.

QUESTION HOW ACTIVE ARE YOUR JUNIOR MEMBERS? IF THEY ARE NOT ATTENDING JUNIOR COACHING SESSIONS AND ACTIVITIES, HAVE YOU FOUND OUT WHY?

COACHING & VOLUNTEER QUALIFICATIONS

Volunteers, such as Junior Organisers and parents have the opportunity to take courses which will enable them to support a qualified coach as below:

Junior Golf Passport training

In 2014 GDW introduced the new Junior Golf Passport from the Golf Foundation. The new Junior Golf Passport is a national structured learning programme for 6 to 12 year olds and is endorsed by the Professional Golfers Association (PGA). The Passport covers 7 areas: Putting, Short Game, Swing, On the Course, Fit for golf, Ready for golf and Skills for life. See section 9 for more details

Tri-Golf Activators

The Tri-Golf Activators training course is a 2 hour workshop demonstrating how to organise safe and enjoyable golf sessions using Tri-Golf equipment. Aimed at primary school aged children, its adapted equipment is a fun and safe introduction to golf and can be used inside or outside. It's also great to use at mass audience events. The course covers everything

from an introduction to the program and equipment, to safety and also variation of games and adaptations. The course is available to all and you do not need to be a golfer to be able to attend. To find out more please contact your Golf Development Officer.

Junior Leader workshop

The Junior Leader workshop is aimed at volunteers wishing to introduce the basics of golf to young people. It also shows individuals how to use Golf Xtreme equipment, safely and to deliver games and drills to ensure sessions are engaging and appealing to groups of young people.

To find out more please contact your Golf Development Officer.

PGA COACH EDUCATION PROGRAMME

(ASQ Level 1 in golf)

The Level 1 golf coach qualification is ideal for Junior Organisers', parents, interested volunteers, sports leaders and school teachers. This is the first qualification of the coaching pathway and will enable volunteers to assist Level 3 coaches delivering aspects of sessions to beginners, normally under direct supervision. A Level 1 coach is able to interpret session plans and deliver aspects within the plan,

ensuring that the relevant coaching points are covered and participants are safe and engaged throughout. The qualification is competency based and the training is split into home study and tutor contact time.

Courses take place at venues across Wales, for further details visit www.golfdevelopmentwales.org/pgg-level-1-4/

PRACTICE

Juniors should be encouraged to practice on a regular basis ideally as part of a structured coaching programme. Practice will help the juniors to focus and improve different aspects of their game and can be conducted in a fun and interactive way. Golf Skills Cymru ([see section 9](#)) is an excellent resource that can help to promote constructive practice and show progression through fun skills challenges.

BELOW IS SOME SIMPLE ADVICE THAT CAN BE GIVEN TO JUNIORS TO ENSURE THEY GET THE MOST OUT OF THEIR PRACTICE:

- Do not be tempted to hit too many balls in a limited amount of time – quality not quantity.
- Always go through your pre shot routine.
- Do not practice when you are physically or mentally tired.
- Do not continue to practice if things are going badly and progress seems unattainable.
- Only practice for short periods of time in adverse weather conditions – consistency will be far harder to achieve.
- Always practice shots that are relevant to your own game.
- Practice on the golf course can be very useful – try selecting an alternative club to the one you usually use.
- Practice helps build up repetition and confidence.

COACHING OPPORTUNITIES

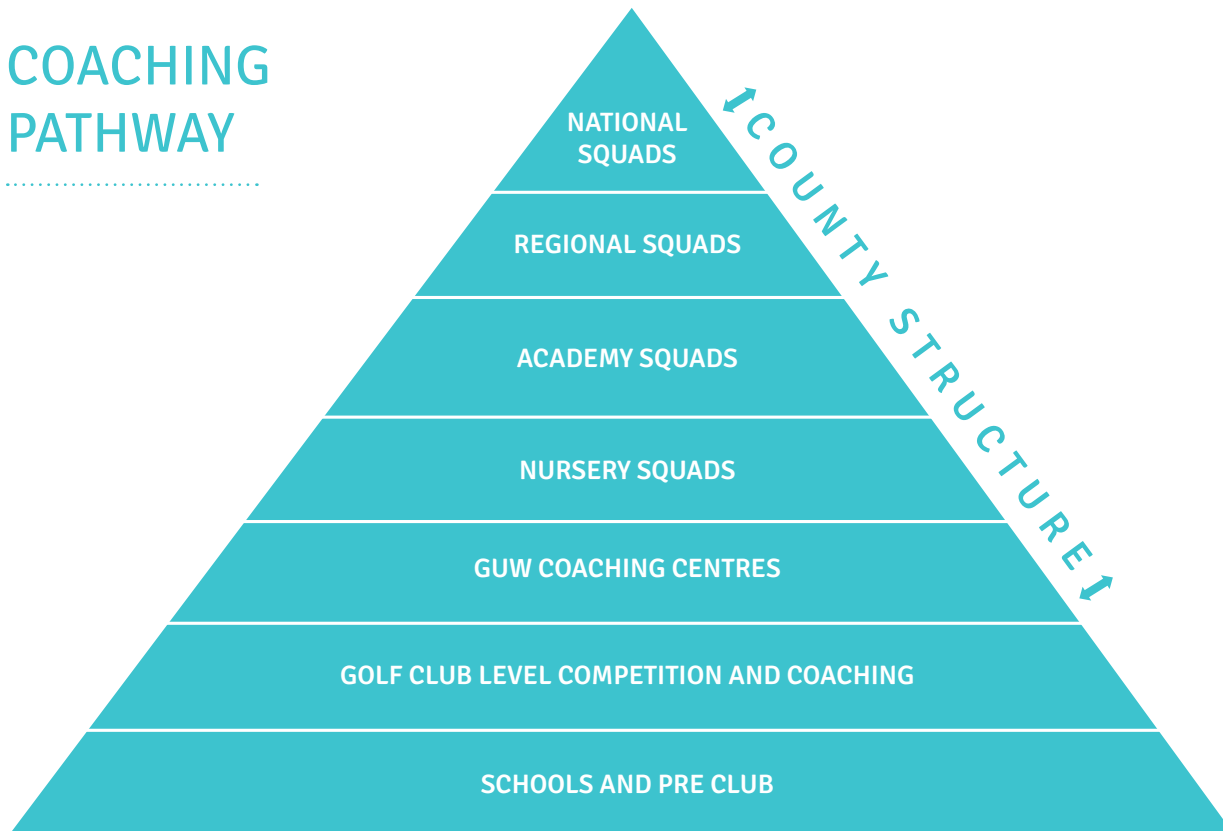
Coaching structures are in place at G UW centres through to nursery, academy, regional and national level for talented players.

Golf Union Wales has a national coaching structure which includes G UW centres, national, regional, academy squads and nursery squads. The G UW holds two assessment weekends per year one in North Wales and one in the South Wales. These weekends are a crucial part of our talent ID process.

The information collated on the player's in the application process and results gathered over the days influence the selection of the squads. During the

assessment days players go through a number of tests and data collection methods, such as an accuracy test with a driver, a short game test, a putting test, swing analysis, TrackMan and SAM PuttLab data collection. An initial cut is then made with a group of players invited back on to play competitively for 9 holes. Performances in the major amateur tournaments and handicap achievement also have an influence.

COACHING PATHWAY



FACT

68% of
Welsh clubs has at least
one PGA Professional

GDW's Roaming Professional project is designed to help clubs who don't have their own professional. If your club doesn't have its own professional and would like to be included in the scheme please get in touch.

CASE STUDY

St Pierre Golf Club, Chepstow

Successful junior golf academy

St Pierre is a higher GDW Junior GolfCert club and a Golf Foundation Golf Roots centre. They have a thriving junior section (around 70 juniors with a handicap), which is run by 3 volunteers with coaching delivered by the club professionals. They are very proactive with community work and run structured coaching using a tiered Ranger system linked to the Junior Golf passport, combined with course and skills challenges linked to a fun order of merit.

They successfully ran the GDW New2Golf scheme for juniors in April, with the aim of increasing the number

of people in their Rangers programme. This consisted of promotion in the community, links to local schools, social media and word of mouth through members.

The scheme started with a free fun taster session at the club followed by 6 weeks of coaching. All participants became New2Golf members and received their New2Golf introductory pack including vouchers, fun rules and etiquette books and a welcome book. 24 new golfers we recruited as part of this and progressed on to the bronze Ranger's programme.

The Rangers

The Rangers section is aimed at children between the ages 5-14 who have not yet obtained an official club handicap. This consists of over 100 young people. They have weekly tuition linked to the Junior Golf Passport and an order of merit competition.

There are three sections within the Rangers:

BRONZE Aimed at beginners, includes 40 weeks of tuition throughout the year, free crested shirt, glove and monthly competitions contributing to an order of merit (fun skills challenges).

SILVER For the intermediate Ranger, includes 40 weeks of tuition throughout the year, free crested shirt, glove and monthly competitions contributing to an order of merit (fun skills challenges).

GOLD For advanced Rangers, introduced as a stepping stone between Rangers and Juniors, includes 40 weeks of tuition throughout the year, 18 hours extra tuition between May and September on the golf course and a rules and etiquette afternoon, free crested shirt, glove and monthly competitions contributing to an order of merit (on course challenges).


The final for bronze and silver takes place at the local school community fete, which in turn helps to promote the Rangers further. They run a Ranger of the month competition. This is the best score combined with life skills such as honesty, fair play etc. bronze ranger's programme.




ADDITIONAL COMMUNITY WORK

The club is running a Golf Foundation Golf Roots PLUS scheme, which includes funding to run a large community partnership programme. The club is working with **NEETS** (young people not in education, employment or training) and other partners such as police, the Youth Service, the Local Authority and Street Games to set up satellite golf centres to reduce anti-social behaviour and potentially create future club members.


SUMMARY



Coaching sessions and other activities should provide juniors with the opportunity to develop their golfing and personal skills.




Golf clubs should use the services of a PGA qualified coach to ensure juniors are given quality instruction on the fundamentals of the game.



Volunteers can gain qualifications to support coaches, enabling more juniors to access sessions and activities.
This can also reward the volunteers within the golf club.



It is important that juniors are aware of the importance of quality practice sessions which will enable their games to develop.



Golf clubs should be aware of the opportunities for talented golfers at county and national level and promote accordingly.